



Ysgol Bro Pedr

Llanbedr Pont Steffan

Ceredigion SA48 7BX

BWYTY'R BONT



GWYBODAETH Am

ALERGENAU

ALLERGEN

INFORMATION

**ALERGEDD AC
ANODDEFIAD
BWYD**

-

**CYN ARCHEBU,
SIARADWCH
Â'R STAFF
YNGLŶN Â'CH
GOFYNION**

**FOOD
ALLERGIES AND
INTOLERANCES**

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**BEFORE
ORDERING,
PLEASE SPEAK
TO OUR STAFF
ABOUT YOUR
REQUIREMENTS**

Gwybodaeth am Alergenau

Ein Ryseitiau a'n Cynhwysion

O 13 Rhagfyr, 2014, bydd Rheoliad Darparu Gwybodaeth am Fwyd i Ddefnyddwyr yr UE (FIC UE) yn dod i rym. Mae cyfraith yr UE wedi rhestru 14 o alergenau sydd angen eu nodi os cânt eu defnyddio fel cynhwysion pryd. Mae hyn yn golygu y bydd gwybodaeth ar gael o 13 Rhagfyr, 2014, yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

Dyma'r 14 Alergen mwyaf - **Seleri, Grawnfwydydd sy'n cynnwys Glwten, Cramenogion, Wyau, Pysgod, Lwpin, Llaeth, Molysgiaid, Mwstard, Cnau, Cnau Mwnci, Hadau Sesame, Soia, Sylffwr Deuocsid.**

Allergen Information

Our Recipes and Ingredients

From 13th December 2014, the EU Food Information for Consumers Regulation (EU FIC) comes into force. The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. This means that from 13th of December 2014, information will be available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

The 14 Major Allergens are - **Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide.**